

but say at once to yourself, " That would be adding a second piece of folly to the first" If you have worked evil, you must bethink yourself of doing good. If you are punished for your actions, submit to the punishment with the feeling that by this very submission you are somehow doing good, in that you are deterring others from falling into the same error. Every malefactor who is punished has a right to consider himself a benefactor to mankind.

324-

BECOMING A THINKER.—How can any one become a thinker if he does not spend at least a third part of the day without passions, men, and books ?

325.

THE BEST REMEDY.—A little health on and off is the best remedy for the invalid.

326.

DON'T TOUCH.—There are dreadful people who, instead of solving a problem, complicate it for those who deal with¹ it and make it harder to solve.* Whoever does not know how to hit the nail on the head should be entreated not to hit the nail at all.

327-

FORGETTING NATURE. — We speak of Nature, and, in doing so, forget ourselves: we ourselves are

* Nietzsche here alludes to his own countrymen.—TR.